

The Sandpaper

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"Pearl of the Desert"

April 2002

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Making it to the top

"I have always looked at the Navy in a positive way. When I made Senior Chief it was such a big bonus and now Master Chief, it's just icing on the cake."





From the CO

By Captain Larry Crane

Commanding Officer

RADM Jose Betancourt, CNRSW, visited NAFEC for the first time to see what all the good talk was he had been hearing about our base. I believe he left here quite impressed with all the good work and improvements that have happened in the last two years. More than once he commented on the fantastic appearance of our base and the apparent pride this base shows.



He also saw that some of our facilities, like our hangars, need to be replaced. Working with the 1940s infrastructure should not be a requirement in today's modern Navy and he is firmly behind our attempt to replace those structures that are outdated and inefficient for the Navy of tomorrow.

How many militaries around the world take the time to recognize their young citizens as we do with Military Child Month? I don't know the answer, but I sure do not believe anyone does it as well as we do. Look at the faces on the children in this paper and see if you can enjoy their fascination and wonder. Ask yourself if you have taken the time to tell your child "you love them" lately. Take the time to say hi to your neighbors' kids tonight and tell them you think they are great kids. Those children are the leaders that America will look to 30-50 years down the road. You can help develop their personalities by showing them respect today. It will pay off in the future. We have GREAT kids here at NAFEC, let them know it.

Once again this year our Environmental Department will be receiving an award at one of the highest levels. That is pretty good. BUT, consider that this is the third straight year NAFEC has been recognized and that is great. The department, led by Fred Rivera, constantly works with the state, local and federal agencies to ensure we are in compliance with the multitude of laws and regulations. That department takes their job seriously as they are keeping our environment safe for our children and their children. Great job



Environmental Department!

While some people find any way possible to stay away from the desert, the Royal Dutch Air Force just completed their detachment here and are already looking to come back. They had the chance to enjoy the great flying weather and opportunities we offer flyers, the "family" atmosphere we like to spread, and the chance to travel the southern California area. They were truly good ambassadors for their country and they should be proud of what they accomplished. But once again, that could only happen because you, the people of NAFEC, were there to help. Their accomplishment was also yours. As always, I am very proud of you.

Summer is once again here and the temperatures are rising. Make sure you are fully prepared to go on your next outing into the hot weather. It does not take much to get dehydrated and lose your sense of reason. If you are going to be gone a couple of days, let a shipmate know when to expect you back. We do not need you lost for a couple of days when a little communication could prevent a delay in response. Be careful. Respect the weather. Be safe.

Thanks for all the hard work you are putting in to make NAFEC a better place. We all have good jobs here at the base, they are tough jobs and getting harder, but they are good jobs. You have shown the pride and professionalism that will keep our base at the top. Everyone wants to come here to train because you take the work out of it for them and you truly represent yourselves as wanting to help. No commanding officer could ask for more. I am proud to be the CO of NAFEC.



Capt. Crane escorts RADM Betancourt into the base theatre for an all hands call.



ACC(AW) Edward Ashenfelter received a Navy Achievement Medal during the Admirals visit.

The Sandpaper April

Commanding Officer

Capt. Larry Crane

Executive Officer

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Command Master Chief

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Reaching the Top

By JO2 Carmichael Yopez

Editor

After 19 years in the Navy, and three years as a senior chief, his goal of reaching the top was finally met.

On April 1 Aviation Machinist's Mate (AW/SW) Joseph F. Radeker stood proud as his wife Claudia and Strike Fighter's OINC Lt. Richard Braunbeck pinned the golden anchors with two stars to his uniform.

"It feels pretty awesome. By far it is one of the greatest accomplishments in my life," said Radeker. "It was my goal since the early 80s."

Radeker joined the Navy in

January of 1983 and has enjoyed a successful career ever since. "The Navy has always offered me something very rewarding. That is why I always stayed. Every time I was up for orders, they offered me something interesting, and every time I learned something new," Radeker said. "I think the Navy is doing a lot of good things for us. We have more vision these days. When I first got into the Navy you just never heard about all these programs and incentives. Now, that information is getting out, and it seems our leadership is heading in that direction. It benefits everybody. The more they know the better off they are."

Now that Radeker has made Master Chief it is undecided if he is to remain at Strike Fighter because there is no E-9 billet, but he says that no matter what the outcome, he is prepared to



Aviation Machinist's Mate (AW/SW) Joseph F. Radeker believes making Master Chief has been a great accomplishment. Before He receives congratulations from Command Master Chief Vince Seal while his wife Claudia looks on.

Photo by JO2 Carmichael Yopez



Photo by YN1 Demetris Allen

meet the challenge. "I have always looked at the Navy in a positive way. When I made Senior Chief it was such a big bonus and now Master Chief, it's just icing on the cake. It is

truly phenomenal. I don't smile very much and everyone in admin still teases me about the permanent smile on my face," said Radeker. "It is very exciting."

Summer Safety

By HM2 Alfonso Abeyta

Medical staff

The summer can be an enjoyable time of the year here at NAF, and now that it's just around the corner it is also the time when the potential for heat exhaustion, heat stroke, and heat cramps happen. Following some simple recommendations can prevent these from happening.

The first and most important rule is to keep hydrated by drinking plenty of water through out the day. Avoid heavy meals during lunch. Wear appropriate clothing and use sunscreen when out in the open sun. When exercising, follow recommended work/rest cycles, and schedule outdoor activities during the cooler part of the day.

Heat exhaustion is caused by excessive loss of salt and water in the body. The symptoms are profuse sweating, headache, paleness, weakness, nausea,



cool moist skin, and tingling sensation in the extremities.

If you see these symptoms, treatment includes drinking water, going to a shaded area, elevating feet, and seeking medical attention immediately. Monitor victim until help arrives.

Heat Cramps are caused by excessive loss of salt from the body. The symptoms are painful cramps of the major muscle groups (arms, legs, or stomach). Treatment includes providing cool water,

shade and monitoring victim.

Heat stroke is when the body's heat regulatory mechanism stops. The symptoms are headache, dizziness, delirium, weakness, nausea red hot skin, and unconsciousness.

Have you tried one of these?



CAESAR

SALAD

The Mirage Club
is open daily for lunch



From the Housing Office



Tips for your yard

By Pattie Crew

Housing



Tony Hunt, the housing yard inspector, wanted to point out a few areas of concern in lawn care. He has noticed recently high weeds in the planters and suggests removing them while the weather is mild so they will be easier to keep under control and require less attention when it gets warm. Tony will identify those yards on the upcoming inspections. If you live in a Weary unit, please remove the crawling vines around your unit. Although they look nice, black widows love to breed in them and they can cause stucco damage. Tony would like you to call (337-4913) or come by if you have any concerns or questions regarding the care of your lawn. Your friendly yard inspector encourages residents to stop him when he's out inspecting. Remember the winter dormant season is about over and the Yard of the Month season returns in April!

As the weather gets warmer, the kiddie wading pools will be coming out for some summer fun. **Remember...** The water must not exceed 12 inches in depth and must be emptied on a daily basis. Wading pools are to be constantly monitored by an adult during use and must not be left unattended while holding water for **any** length of time. Grounds damaged by the pool must be restored to original condition. Help our children have a safe and fun summer.

School will be out soon, so children will be out in forces. Please be a little more cautious while driving through the housing areas. Little ones can dart right out in the street in no time at all. Be aware and keep our children safe! Until next month, take care of yourselves and take care of your shipmates!

NAF's pride and joy



Brian Smith and Bruce Thompson of Raytheon Aerospace take much pride in maintaining the C-12.

Photo by JO2 Carmichael Yezpe

Civilian team keeps C-12 in tune

By Gabrielle T. Steinau

Admin Supervisor

On board NAF El Centro one aircraft remains its pride and joy. It is used to transport anything from light cargo to maintenance crews and important visitors ranging from Admirals to E-1's.

The twin-engine turbo-prop C-12 is the military version of the civilian Beechcraft King Air 200. Depending on fuel and cargo load, the aircraft has an approximate flying range of 1000 nautical miles, or five hours of flying time. The aircraft crew generally consists of two Pilots; however, a qualified Naval Flight Officer (NFO) is able to act as Co-Pilot. With the addition of one Aircrewman, the aircraft provides logistics support as tasked by Joint Operational Support Airlift Center Command (JOSAC).

To maintain the aircraft, the Navy contracts two civilian mechanics from Raytheon Aerospace LLC. Lead Mechanic Brian B. Smith, an 18-year veteran with Raytheon, has been in El Centro for 10 years. Aircraft Mechanic Bruce C. Thompson, a retired Navy Chief and ex-Aircrewman on the C-12 aircraft, has been here for three years. "The C-12 is very flexible. It can be configured and or re-configured to haul either 100% cargo or passengers," said Thompson. "We move

Admirals to E-1's."

The C-12, delivered to El Centro in 1988 and in operation by the Navy since 1980, is one of 90 C-12's currently in use today. With its re-painting in 1999 and constant attention, it looks much newer than its 22 years. Both the C-12 NATOPS Evaluation Team, from VRC-30 NAS North Island, and Navy Flightcrews recently praised Smith and Thompson for their outstanding maintenance support and keeping the C-12 at a high Operational Readiness (OR) Rate.

"Being a retired Navy Chief, I still enjoy working with the Navy team," said Thompson. "We work with a good group of personnel in the Operations Department. They allow a lot of give and take between their flight schedule and Raytheon's maintenance requirements. That is what makes us so successful here in El Centro."

Help keep our base clean.

Recycle today

and don't let
America go
to waste





AZ1 bids Farewell to NAF and the Navy

By IT2 Darryl Howlett
Staff Writer

With tears welling up in her eyes, she tried to say goodbye to shipmates, friends, family, coworkers, and the Navy. She couldn't. Instead she reflected on how the Navy has changed in 20 years.

Aviation Maintenance Administration 1st Class Petty Officer Deborah Stillwagon, Weapons Department, retired April 19 during a ceremony held at the sports center.

"Contrary to popular belief, dinosaurs did not walk the Earth when I joined the Navy," joked Stillwagon. "Women have more opportunities now than ever before. There's quality leadership, educational opportunities, and improved detailing. When I joined the Navy our country was still in the middle of the Cold War with the Soviet Union. It was clear and present danger."

Petty Officer Stillwagon enlisted in the Navy through the delayed entry program on November 2, 1981. After graduating from boot camp in Orlando, Fla. in 1982, and Aviation Administration "A" School, Stillwagon served at several military bases including Guantanamo Bay Cuba; Patuxent River, Md.; Tinker AFB, Oklahoma City, Okla;



Photos by AO3 Emerald Quiver



Top: AZ1 Deborah Stillwagon talks about the improvements in the Navy. Bottom left: AZ1 is piped over as she is escorted by her parents. Bottom right: AZ1 gives her last salute to Capt. Crane before departing.

Lemoore, California; Whidbey Island, Wash; and Naval Air Facility El Centro.

During the ceremony, Stillwagon thanked her immediate family for their support of her naval career.

Captain Larry Crane, Commanding Officer of NAF El Centro, spoke on the hard work and dedication Stillwagon brought to the base. "She has earned a chance to say fare-

well with dignity and pride," Crane said. "Let me be the first to say Petty Officer Stillwagon came to us and tried to make a difference on this base. There's never been any question about her skills as an AZ. She came in at a time when it wasn't cool to be a woman in the Navy. The Navy is better today because AZ1 has served us."

Aviation Ordnance

Chief Petty Officer (AW/SW) Michael Klaphake said Stillwagon was a leader beyond measure. "In 1981, women were not allowed to serve on a combatant ship. Petty Officer Stillwagon has seen many changes in the Navy. To those of us at Weapons, she's known as a mother and big sister. She's always willing to help junior sailors with their questions and problems. She will be missed."

Stillwagon was presented with the Navy and Marine Corps Achievement Medal and a certificate from President George W. Bush, in which he congratulated Stillwagon on "20 years of honorable service to the Navy." Stillwagon also received a shadowbox and an American flag that was flown over the USS Arizona Memorial Site at Pearl Harbor.

In her closing statements Stillwagon hoped that once again the Navy could be a place where chiefs took care of junior sailors and that officers took care of their people.

"I've really enjoyed working with you. You're a great group of people. Thank you. It's been a great 20 years," she said.

After the ceremony, participants were invited to a reception at the Mirage Club. Stillwagon will return to her home in Ohio.

New ASF Academy Graduates

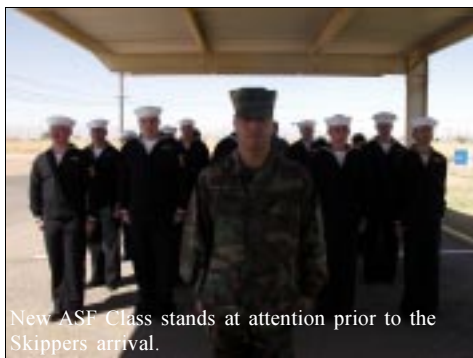
By JO2 Carmichael Yopez
Editor

You should be extremely proud of what you have accomplished today, replied Capt. Larry Crane to the new 18 graduates of the Auxiliary Security Force Academy (ASF), who graduated on March 19.

"We have a new admiral whose first priority is security and then appearance," Crane said. "You are the

first impression the public receives of the military, so it is extremely important that you use the new skills you have learned and maintain a good appearance to represent your base. Remember, you are NAF, and you are extremely important to the base and the Navy."

After these remarks Capt. Crane presented each graduate with a certificate of completion and congratulated the entire class for their accomplishment. Among those recognized for their superior skills



New ASF Class stands at attention prior to the Skippers arrival.

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Continued from page 5

was Aviation Structural Mechanic 2nd Class Petty Officer Donald Christy from Strike who was awarded "Top Gun" for hitting a perfect score at the pistol range. "I thought it was funny, because I had never shot a pistol before," said Christy.

During the two-week course students learned terrorism flash force protection, self-defense, riot control, apprehension and arrest techniques, and weapons training enabling every Sailor to maintain base security posture.

The majority of the training was spent in the classroom, and passing the written tests played a big part in passing the course. For Yeoman 1st Class Petty Officer Michael Martin, this was his strong point receiving the title of honor graduate. "It took a lot of studying to be top student," said Martin. "I spent a couple hours every night studying the definitions, diagrams, and reading the course book. Plus the instructors were very helpful. I am really proud of the achievement," Martin added.

Civilian leads NAF to three CNO Awards

By JO2 Carmichael Yezpe

Editor

Recently the Environmental Division of the Public Works Department was awarded its third Chief of Naval Operations Environmental Award for their outstanding efforts in maintaining base restoration cleanup.

The Navy is the lead federal agency for environmental cleanup and has taken an aggressive, proactive approach to clean up hazardous sites on military installations through its Installation Restoration (IR) Program. The NAF El Centro IR team, lead by Innovation Restoration Program Manager Fred Rivera,

is in the lead in these efforts and has far exceeded its cleanup goals thanks to new technology and the innovative cleanup strategies they

Archive Photo



Photo by JO2 Carmichael Yezpe

Fred Rivera at his desk, says he is proud his efforts also benefit the community.

have used.

In May 2002 Rivera, along with the Public Works Officer, LT Chuck Lewis, will go to Washington DC to receive the award. Rivera, who is a native of the community and has worked at NAF El Centro for 33 years, said receiving this award was very gratifying. "It is very rewarding not only to be working with the Navy but also knowing we are cleaning up the environment."

Rivera has also been selected as an Imperial County Man of the Year for 2002. The American Legion Post 25 selected him. "I'm very happy to see my efforts come true," Rivera said.

Discovering Earth Day in the Imperial Valley

By Gabrielle T. Steinau

Admin Supervisor

The Imperial Valley Bird/Nature Festival was held Saturday, April 20th, hosting a choice of wildlife tours and featuring wildlife displays, demonstrations and information on wildlife resources in the local area.

One of the eight tours offered was a four-hour hike around the New River Wetlands. The New River Wetlands, off of Worthington Road in Imperial, is one of two wetland sites that has been created to increase the quality of water that flows from the New River into the Salton Sea. The first site is 68 acres in size and

is referred to as the Rice Drain. The second wetland is a 7-acre site in Brawley. The New River, a tributary of the Salton Sea, was identified as a river "in need of help." As the New River flows through Mexicali to the Salton Sea, it picks up pollutants, sewage, and agricultural drain-off from both sides of the border. Nutrient residue, remaining after evaporation, has increased salinity levels in the Salton Sea to "44,000 PPM (Parts Per Million). Ocean water salinity is approximately 35,000 PPM."

A Task Force of federal and local entities have joined together to create a possible cure: two pilot wetlands to receive the water from the irriga-

tion sources BEFORE it reaches the New River and Salton Sea. The wetland processed water, flowing through a ponding system of bulrushes, sedges, and other natural vegetative filters, is then redirected to the New River. Studies have indicated that the contaminants found in agricultural drainage water have been significantly reduced by this project. Water quality has increased 92-98 percent since the project's inception in August 2000.

Supporting article information was obtained from the New River Wetlands website. For more information on the project, visit:

www.newriverwetlands.com,



The Imperial Valley has over 400 species of birds.

and for information on volunteering for the project, e-mail:

newriver@quix.net.



Child Abuse

By Dr. Lynn Flowers

Family Advocacy Representative

An average of four children die every day in the United States as a result of child abuse. Eighty percent of the child abuse fatalities are children under the age of five. Forty percent of the fatalities are children who are less than a year old. The National Center on Child Abuse Prevention Research also found that approximately 15 out of every 1000 children in the United States are substantiated victims of child abuse or child neglect each year.

Raising children is not easy. Parents and childcare providers must have the patience, maturity and skills to deal with the challenges of



Parents must have patience, maturity, and skills to deal with the challenges of parenting.

A number of factors are associated with an increased risk for child maltreatment. Drug and alcohol abuse are involved in 85 percent of the

cases. Poverty or financial distress is a problem for 38 percent of the cases of child maltreatment.

In 23 percent of the child abuse cases, physical violence was associated with the lack of parenting skills—particularly in the ability to respond to a young child's needs combined with unrealistic expectations for the stage of a child's development.

The most highly reported cases of maltreatment occurring in children 0-5 were of neglect and physical abuse. Neglect is generally defined as the consistent and significant failure to provide the child with the essential necessities for living appropriate to the child's level of development. Necessities include food, clothing, shelter, emotional security, psychological stimulation, medical needs and supervision. Physical abuse is generally defined

as non-accidental injury inflicted on a child. Physical abuse includes punching, slapping, scalding, suffocating or strangulation, biting, hitting with an object (belt, fly swatter, stick, etc.), hair yanking, throwing a child against a wall, causing a child to have bruising, lacerations or welts, or intentionally dropping or shaking the child.

The Navy's Family Advocacy Program is designed to help Sailors to provide safe and healthy homes for their families. The Family Advocacy Program ensures that families have access to appropriate protection, safety, care, support, case management and educational rehabilitation services to the extent allowable by law and resources. Contact Dr. Flowers, the NAF El Centro Family Advocacy Representative, at 339-2241 for further information and assistance.

Gentle reminders for busy parents

Your children first begin forming an opinion of themselves by how you talk to them. How they feel about themselves affects all aspects of their lives. Is much of what they hear from you positive or negative?

* Make ordinary, everyday experiences pleasurable ones for each of your children.

* Set aside special times

with each of your children. Allow them to choose an activity they would like to do.

* Move physically closer to your children when you talk with them. Hold them.

* When you talk with your children or when they talk with you, stop what you are doing and look into their eyes.

* Remember, they are their own people and may do things differently than

you.

* Respond to your child with patience and understanding. Scolding or criticizing your child in front of others demonstrates a lack of sensitivity and respect.

* Share your positive feelings with your child, often.

* Comments such as "That's no big deal" or "You shouldn't feel that way" makes your children

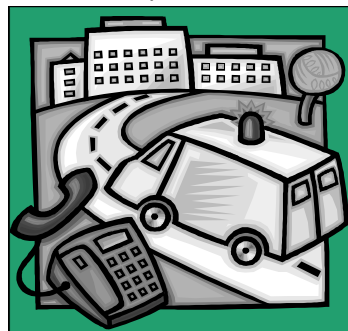
believe that their feelings are not important to you.

* Help your child focus upon other people's strengths, developing tolerance for those with different values and backgrounds.

* Through your daily words and actions let your children know that they can't be replaced, that each one is very special to you and that you love and value them.



Words can hit as hard as a fist ... and leave scars that last a lifetime. Stop! Think about what you're saying to your child.



The Number for Emergency is 911. Dial this number for medical, fire, or security emergencies. For non emergencies and calls regarding Security information call, 339-2524

Civilian Personnel Management

By Donna Coon, Command Evaluator

Federal human resources work can be a maze of laws and regulations. Managers have enough to do without becoming HR experts in addition to their own fields of expertise. Just about the most important thing for managers to know about HR related issues is when to pick up the phone and call the Personnel Management Advisor. For more information attend the monthly Management training meetings conducted by Personnel Management Advisor Ms. Terri Boswell.



Celebrating Military Child Month

By JO2 Carmichael Yepez

Editor

Since 1986 the Secretary of Defense has designated each April as the Month of the Military Child. Reports of child neglect and abuse have exceeded the 2.5 million mark annually in the United States. The Navy recognizes that child maltreatment has short and long-term negative effects on a child's mental health and development, and is committed to making every effort to prevent this problem in our Navy Families. Our goal is to protect our children and to keep them free from abuse.

In celebration of Military Child Month, the Combined Bachelor Housing Office aboard NAF El Centro invited the children from the Youth Center and the Child Development Center to watch movies and enjoy hot dogs and pop corn during lunch. "I think this is great, because it shows we are involved with the children on base," said Lilia Rubalcava, Housing Secretary. "The children enjoy it very much. I think more departments on base should get involved with the children. It's a lot of fun," Rubalcava added.

Upon their arrival at the housing office, the children enjoyed touring the office and watching movies like "The Little Brave Toaster." On April 4 the Youth Center and the Child Development Center held a barbecue outside the Youth Center. "The barbecue was great, the children from the CDC walked over in their little strollers and wagons and all of the children were able to play together," said Tonya Owens, Recreational Aid at the



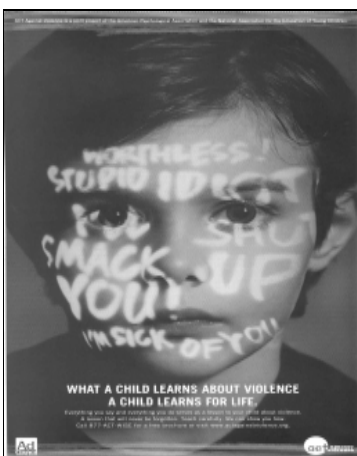
Photos by JO2 Carmichael Yepez



Top: Children from the Child Development Center have no problem focusing their attention on the Little Brave Toaster. Bottom Left: Children were not shy while peeking through a small window in the play house at the Welcome Center. Bottom Right: It is icecream time at the CDC.

Youth Center. Joey, from Gear Issue, grilled hamburgers for us. The children had a really fun time playing indoors and

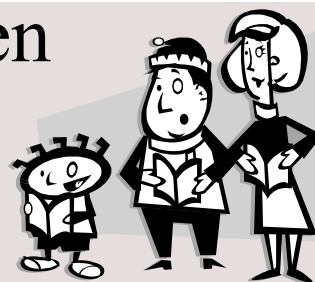
out. I thought it was really sweet to see the little babies play with the older children."



Talking to your children

NNMC Bethesda, Md (NWSB) ---Emotional abuse of children often occurs as verbal abuse or as excessive demands on a child's performance. Parents who abuse their children were often treated the same way as children themselves. Sometimes they do not understand the needs and capabilities of chil-

dren, and they expect children to understand and behave like adults. Parents may also be under a great deal of stress and may have poor coping skills, and as a result may take feelings of frustration out on their children. Whatever the reason for the hurtful behaviors, most abusive parents love their children and, when



they become aware of the damage they are doing to them, are willing to learn more

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Creepy crawlers visit NAF

Sailor brings pet reptiles to show kids

By JO2 Carmichael Yopez

Editor

It was a big surprise when Hull Maintenance Technician 3rd Class Petty Officer Raphale Leblanc II from security arrived at the Child Development Center with some slithery friends to show the children.

From a small plastic box emerged Big Boy, an alligator lizard about 10 inches in length and Rico, an ameba lizard from Puerto Rico. The children's eyes were wide open and focused on the two visitors who sniffed from side

to side while flicking their tongues at them. Then from a small pillow sack came out Monty, a 4-½ foot Burmese Python, who the children enjoyed the most. You would think the children would be a bit timid, but within seconds they were trying to pet and grab hold of the reptilian visitors. Surprisingly, the only ones scared were the children's supervisors.

Leblanc's interest in reptiles began when he first bought an iguana for his children who, loved reptiles, and soon he gained personal interest in them. "I think they're a lot of fun," said Leblanc. "Plus they are easier to maintain than most pets."

While presenting the reptiles to the children, Leblanc answered many questions about the reptiles and informed them that although these were friendly, not all are safe to play



Photo by JO2 Carmichael Yopez

Without fear children at the CDC had no problem petting "Big Boy" the lizard. Bottom left: Wondering if it is OK to pet Monty, this child first decides to take a closer look while his buddy thinks about it twice. Below: Leblanc talks about his reptilian pets.

with and that some are dangerous. "Some kids had never really seen a reptile except on TV. I enjoy seeing the kids smile and having fun with them," Leblanc said. The children enjoyed the visit so much the following week they presented Leblanc with a collage of pictures and animal draw-

ings thanking him for his visit.



Continued from pg. 8
positive, more rewarding ways to parent. "A torn jacket is soon mended but harsh words bruise the heart of a child." — Longfellow.

Perhaps some of the items on this list will surprise you, because you have never seen the label "abuse" attached to them before. Nevertheless, these behaviors are abusive and harmful to children.

1. Name-calling or profanity directed at the child.

2. Put-downs and ridicule.
3. Demeaning the child in front of others.
4. Threats of harm, and making the child afraid in order to control the child.
5. Excessive over-protectiveness.
6. Never being available to encourage, comfort or spend time with the child.
7. Allowing the child to witness violent parental arguments or

the beatings of siblings.

8. Allowing the child to see sexually explicit materials or behaviors.
9. Constantly addressing the child in a screaming, angry tone of voice.
10. Destruction of child's belongings.
11. Hurting the child's pets.
12. Not respecting the child's privacy.
13. Competing with the other parent for the child's affection.
14. Inappropriate sharing of adult problems with the child.
15. Showing favoritism between children.
16. Consistently excessive fighting between parents.
17. Putting down the other parent to the child.
18. Failing to set consistent, clear and reasonable rules and limits.
19. Failing to treat child in an age-appropriate way.
20. Threat of parental suicide or harm to the other parent.
21. Allowing the child to witness parental intoxication.
22. Emotional rejection of the child.
23. Threats of physical and emotional abandonment.
24. Exposing the child to drugs and/or alcohol.
25. Teaching prejudice, hate and discrimination.
26. Isolating the child for long periods of time.



Team work makes the bomb

The North-40

By JO2 Carmichael Yopez

Editor

It is called the North-40 because it is located at the North end of the base and is enclosed within a 40-acre perimeter. The main mission of NAF El Centro is to serve as a training ground for pilots from all over the world who come here to practice dropping metal, or in other words, drop live or inert bombs. It is here at the North-40 where a team of 22 Sailors muster everyday to meet the demands of the many squadrons that come to this base.

"Here we assemble weapons, break them out and store them," said Aviation Ordnanceman 1st Class Frederico Lewis, North-40 Leading Petty Officer. "We have a pretty hectic schedule,



Photo by JO2 Carmichael Yopez

AO3 Emerald Quiver holds a bomb in place while AOAN Ehlers unscrews the cap.

depending on what the squadrons are requesting. We can build up to 100 tons of live and inert bombs in a single month. What ever they request, our job is to meet their demand."

Within the past two years many steps have been made to improve working conditions at the North-40. They added two new buildings, fully equipped and air conditioned, for the crew to work, replacing the old open-air structures built in the early 80s. "Two years ago our Sailors were

working under the heat in open-air buildings. Now our Sailors are capable of meeting the mission of the base under better working conditions," said Aviation Ordnanceman Chief (SW/AW) Michael Klaphake.

It was interesting to see how the bombs were being assembled. What was more interesting was seeing how everyone worked together. There was no one telling them what part went where, or whose turn it was to lift. Like



the professionals they are, everyone knew what they had to do.

"Safety is our main concern out here," said Lewis. There are a lot of safety hazards if you are not paying attention. We have forklifts moving around and trucks with trailers backing up. The bombs can weigh anywhere from 500 to 2000 pounds each, so it is very important everyone knows what he, or she, is doing out here."

It takes ten people to complete a bomb evolution. Each person is assigned a different task. When the bomb is brought to the assembly table, one person attaches the fins while another installs the booster straps and another screws the cap. "Team work is everything here," said Lewis. "We have our good days and our bad days, but the good outweigh the bad. If we were out in the gulf I would be proud to have this team there."

Changing your oil is as easy as one, two, three

By JO2 Carmichael Yopez

Editor

"How hard is it? You lift the car up, take the drain plug out, let the oil drain, take the oil filter off, put the new filter on, put the drain plug back in, and fill it up with new oil," said Information Systems Technician 1st Class Jon McPherson.

According to Auto Hobby Shop Manager, Danny Lineses, for best performance, it is recommended to change the oil in a vehicle every three thousand miles, or every three months. "The process is simple," said Lineses. "The first step is to get your vehicle to the hobby shop. Next place your car on a lift, raise the vehicle, unscrew the oil plug and let the oil drain. Once that is done, unscrew the oil filter and let the remaining oil drain. When the oil has been drained, put the new oil filter on and screw the oil plug

back in. The last step is to lower car and add new oil."

The price for using the lift is three dollars, which includes using tools and equipment. There are many advantages of changing your oil at the Hobby Shop. Besides the lifts, compressors and other machinery, they have all the tools needed to work on your car. But the main advantage is that there is always someone there to offer you help. "We are here to help out," said Lineses. "Just holler and we'll bail you out."

Lineses says another advantage of taking a vehicle to the Hobby Shop is that it gives vehicle owners a chance to look under the car to inspect if everything is OK.

If these easy steps still don't



Army Staff. Sgt. Joaquin Reyes is replacing an oil filter after draining the oil of his vehicle at the base Hobby Shop.

Photo by JO2 Carmichael Yopez

convince you, for \$19.95 the Auto Hobby Shop will do it for you. The Hobby Shop is open Tuesday through Thursday from 10a.m. to 6p.m. and Friday and Saturday 8a.m. to 4p.m. For more information call the Auto Hobby Shop at 339-2689.



Softball Season Begins with a Hit

By IT2 Darryl Howlett

Staff Writer

The sound of softballs crushing in to aluminum bats, family members cheering loved ones, and encouragement from teammates must mean softball season has begun at Naval Air Facility El Centro.

The season started April 2 with 10 teams playing a nine-week season ending May 21. The games consist of "hot plate" rules – that is, pitcher's must throw an arching softball 6 to 12 feet in the air and the ball must either hit home plate or a rubber matting directly behind home plate to be considered a strike.

MWR Recreation Aid Laurie Baurer said the season has already provided some memorable moments and outstanding athletes.

"The season started off to a fantastic start with 187 participants on 10 teams," she said. "We are now halfway.

There are two teams that are still undefeated as of April 29; Khakis and SFMU. The games that have been played have gone well. Everyone is having a good time, and that is what it's all about. Fun, fun, fun! All are looking forward to the second half of the season and the playoffs."

Supply Officer Lt. Ernie Miranda believes the sport provides an outlet for the Sailors on base.

"This is my first shore duty station and I think the Captain's Cup is a great idea," he said. "Playing the different sports helps the people on base get to know each other better. I'm pretty pleased with the softball season. This is a way to keep our young Sailors busy. It's a positive way to

spend our time. As far as softball, the khakis have some great players. Our team is undefeated."

A post-season playoff is scheduled for May 23. The six top seeded teams at the end of the regular season will compete in a double-elimination format.

The "Hitters" for first half of 2002 Softball Season:
Khakis: Ensign Stiles, Chief Ashenfelter
Army: Oscar Aguilar
Strike: Dan Banda, Jay Bauer
Bos Ice: Alex Duarte, David Duarte

Bos: Randy Rose
Security: MASA Moser
Cons: HM3 Bonney
Weapons: AC3 Garza

AOAN Brandy Watson and AO3 Anthony Morris from Strike cheer for their team who won 42-4 over WEOPS



Dutch squadron trains at NAF

By JO2 Carmichael Yopez

Editor

Residents at NAF El Centro may have recently been wondering why some new visitors to the base were speaking a language that was neither English nor Spanish. That was because a squadron from the Royal Netherlands Air Force recently paid a visit to Naval Air Facility El Centro.

With a total of seven F-16 Fighter Falcons and a crew of 95 airman, the squadron arrived for training March 11 through April 23. "This is our first time coming to NAF El Centro," said Capt. Raymond Lamers, Logistics Coordinator. "We are here mainly to conduct bombing exercises, but we are also doing some night vision goggle training for pilots. The area is great, and has been qualified as a good place for training."

During their stay, the Dutch spent five weeks training at NAF, and for the exception of getting

use to the heat and three hot meals a day, they enjoyed the hospitality of the base. "They told us the weather would be about 70 degrees, which is summer for us back home, so this is kind of hot for us," said Sgt. Dorre Selten. "But we've found it easy to adjust by hanging out at the pool. As far as meals we usually eat two meals a day, a cold one during lunch and a hot meal for dinner. I imagine we'll gain a little weight, because here we receive three hot meals a day. We've enjoyed it very much."

The Netherlands, also known as Holland, is located in Northwestern Europe bordering with Germany to the east and Belgium to the south. To the west, on the other side of the English Channel, is Great Britain. It has a population of 16 million and is the size of the state of Rhode Island. They speak Dutch, German, and English, which is why they have no problem getting around and communicating with

Photos by JO2 Carmichael Yopez



Dutch Crew members do the final checks before preparing the F-16 for take off

the locals here. Their money is the Euro, which equals \$1.15 to our dollar. Since their arrival here, besides getting the training needed for their mission, they've also had the opportunity to do some touring of the area. "I just got back from Big Bear. I spent a week snowboarding there," said Sgt. Martijn de Ruiter. I also went to the Gas Lamp Quarter in San Diego. It was nice. I had a lot of fun," he added.

On April 8, Major General Franklin Oleimans, Technical Commander of the Royal Netherlands Air Force, came aboard NAF El Centro for a two-

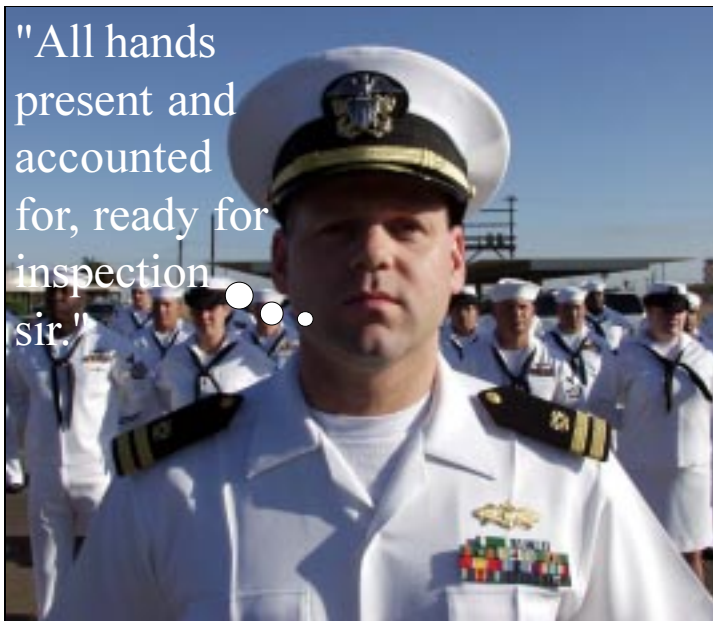


Capt. Larry Crane welcomes Major General Franklin Oleimans during his visit to NAF.

day stay to find out about the base. Capt. Larry Crane welcomed the General and gave him a command brief and a base tour. The General was impressed with the assets of the base and with the people at NAF.



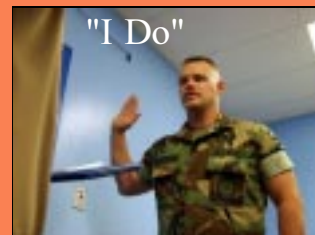
"All hands present and accounted for, ready for inspection sir."



Moments prior the the Skippers arrival, Lt Chuck Lewis, Public Works Officer, orders NAF to stand at attention ready for inspection.



Capt Crane notices the Kosovo Campaigning ribbon on LT Michael O'Beirne from the Public Works Dept.



Security LPO Reenlists for six more

After ten years in the Navy, Master at Arms Petty Officer 1st Class Daniel Eckstrom took the oath of reenlistment once more for six years on April 3. While at NAF he has served as Security LPO and Kennel Supervisor. In October of this year he will transfer to Amphibious Naval Base Little Creek VA.



SK1 Francisco Diego, Supply Dept. received his Third Navy Achievement Medal.



AO2 Jonathan Rainey, Weapons Dept. received a Navy Achievement Medal.

Attention to Quarters

By JO2 Carmichael Yezpe
Editor

Back to whites again. White uniform inspection was held in conjunction with quarters on Thursday April 4.

Capt. Larry Crane paid close attention as he walked through the ranks inspecting for minute details on Sailors uniforms. Aside from one or two hair cuts and a pair of unpolished shoes, he congratulated the command for an overall outstanding appearance.

Following the inspection, Capt. Crane proceeded by presenting some Sailors with awards.



AC2 Rene Nodal, Operations Dept. received a Navy Achievement Medal
Below: AC2 Jason Anton, Weapons Dept. received a Navy Achievement Medal



Chief receives star on his way out

In a ceremony held at Strike Fighter on April 30, Chief Tim Haman, a native of Moscow, Idaho received two new anchors with a single star during his promotion to Senior Chief. OINC LT Richard Braunbeck and Master Chief Joseph Radeker, who passed down his old Senior Chief anchors, pinned them on.

"It hasn't really sunk in yet," said Haman. "I would like to thank the unit, because they are the ones who did it. It is rewarding to know that the work we are doing down here is being recognized in the Navy. Senior Chief Haman will transfer to VFA-41 to work with the new Super Hornets in Lemoore CA., the first week of May



Below FT2(SS) Mathew Poulson, Security Dept. received a Letter Of Commendation.

